

DISTINCTIVENESS: 2019 20

Christ Extracurricular

CHRIST COLLEGE

Christ Extracurricular (Sports and Club activities)

The vision of Christ College is to “mould an enlightened generation by developing the potential of individuals through quality higher education and moral value inculcation”.

Overall wellbeing will be achieved if a student can achieve physical, intellectual, social, and moral standards. The performance of our alumni and the positions achieved by them exemplifies the quality of higher education in Christ College. The college is keen to impart moral values into the lives of students and it achieves this by giving a) quality value education through ‘Jeevith Prabha’, b) opportunities to take part in sports activities and thereby achieve physical wellbeing c) opportunities to take part in extracurricular activities which builds human values, environmental consciousness, and inclusiveness.

Jeevith Prabha

‘Jeevith Prabha’, the motto of Christ College, reflects the holistic approach to education that the institution is trying to impart to its students. Teachers are given the freedom to select topics of their choice after discussion with the Principal and the Jeevith Prabha coordinator (He / She may be the coordinator of CSA).

Sports activities

The college has provided excellent facilities for sports and games which in turn creates an atmosphere of physical fitness for the students. Our facilities include 400 meters athletic stadium, Football field, Basketball courts (4), Volley Ball Courts (4), Badminton court (2), Tennis Court (1), Weight training halls, and Gymnasium (5) to name a few. 514 students participated in University events this year. We house 50 college teams. Separate coaches and trainers are appointed for each event to give professional training. The college achieved three sports awards this year a. Kerala State Award for Performance in Sports among Affiliated Colleges b. Kerala

State Award for Best Sports Student- Nibin Baiju c. Kerala State Award for Best Sports Teacher in College level- Fr. Joy P T.

Club activities and Social Work

The college has 21 clubs to enhance the students' overall development – Students Union, Students IQAC, NCC, NSS, Catholic Students Association, Women's Development Club, Thavanish, Bahuswara (Disability club), Christ College Readers Club, Christ College Cycling Club, Entrepreneurship Development Club, Biodiversity Club, Bhoomithrasena, Quiz Club, Film Club, Fine Arts Association, and Spic-Macay. Students gain interpersonal communication skills, leadership skills, and concern towards the marginalized through the various club activities. Ranging from blood and stem cell donation, environmental consciousness to literacy programs, our students are provided with excellent training to become the best citizens of the country. The relentless efforts of our teachers and students have made the college an icon in the local community, where the deprived approach for support. The special program Savishkara organized by the club Thavanish deserves special mention. For the last three years, this program has been exhibiting the talents of mentally disabled students of the surrounding special schools. The program has been accoladed by the Irinjalakuda Municipality. Students are encouraged to participate in this program which develops qualities like compassion, empathy, and leadership. These opportunities for extracurricular activities are distinctive of Christ College and truly targets its vision.